

**D MILK C CELERY M MUSTARD**  
**G GLUTEN S SESAME SO SOYA**  
**E EGG F FISH ^Our food contains Genetic modification**  
**N NUTS P PEANUT soybean oil**

**SOYO**  
CAFÉ

# ALLERGEN MENU

## BREAKFAST

### SOYO BREAKFAST **D/G/E/S/F/N/M**

Eggs of your choice, served with our home-made spreads & mini muesli, bread from our bakery, a side salad and your choice of freshly squeezed juice and hot beverage

### VEGAN BREAKFAST **G/S**

Chickpea omelette, served with homemade vegan spreads, bread from our bakery, side salad and a choice of freshly squeezed juice and hot beverage

### CRISPY SMOKED SALMON

#### WITH FRIED EGG AND AVOCADO **G/F/E**

#### FILO BAKED BENEDICT **G/S/M/E**

### SOYO MUESLI **D/N** (Almond, Walnut, Cashew, Hazelnut)

Served with berry confiture and chia seeds

### ORGANIC AÇAI **N** (Almond, Walnut, Cashew, Hazelnut)

Served with banana, pineapple, granola, coconut and honey

### PORRIDGE **D/N** (Walnuts, Oats)

Walnuts, coconut, banana, cinnamon and chia seeds

### FRENCH TOAST **D/G/E**

Served with sour cream and berry confiture

### AVOCADO & SMOKED SALMON ON TOAST **G/F**

### AVOCADO, HALLOUMI & FRIED EGG **D/G/E**

### SCRAMBLED EGGS & AVOCADO ON TOAST **E/G**

### EGGS BENEDICT:

#### SPINACH & HOLLANDAISE **D/G/E**

#### MUSHROOM & CREAM **D/G/E**

#### SPINACH, CREAM & SMOKED SALMON **D/G/E/F**

### SHAKSHUKA **G/E/S**

Eggs poached in tomato sauce, peppers and herbs, served with Israeli salad, schug, tahini and bread

### FULL ENGLISH SHAKSHUKA **D/G/E/S**

With sausages, onions, aubergine, chick-peas and feta cheese. Served with Israeli salad, schug, tahini and bread

### GREEN SHAKSHUKA **D/G/E/S**

served with Israeli salad, tahini and bread

### BLUEBERRY PANCAKES **D/G/E**

Served with sour cream and berry confiture

### OREO PANCAKES **D/G/E**

Served with sour cream and berry confiture

## BAGELS

### EGG MAYO **G/E/M**

Chopped free-range egg, mayo & tomato

### TUNA MAYO **G/E/F/M**

Tuna mix & cucumber slices

### SMOKED SALMON & CREAM CHEESE **G/D/F**

With cream cheese and red onion cream

### PIZZA BAGEL **G/D**

Open bagel with tomato sauce and cheese

### ALFREDO TOASTED BAGEL **G/D**

Mozarella, cream and mushrooms

## SOUPS

### MUSHROOM **D/C**

### TOMATO & RICE **C**

## QUICHE

### MUSHROOM & CREAM **D/G/E**

### SAUTÉED SPINACH & CARAMELISED

### ONION **D/G/E**

### SWEET POTATO & FETA **D/G/E**

## PASTA (Wheat)

### PENNE WITH

#### TOMATO **G/E**

#### PENNE WITH ROSÉ SAUCE **D/G/E**

#### FUNGI PENNE **D/G/E**

Creamy sauce with mushrooms

#### BROCCOLI, PESTO & CREAM PENNE **D/G/E**

#### ROASTED VEGETABLE LASAGNE **D/G/E**

Served with side salad

#### TUNA BOLOGNESE SPAGHETTI **G/E/F**

With onions, carrots, peas and herbs

#### SALMON LINGUINE **D/G/E/F**

With cream, fresh tomatoes, basil and lemon zest

#### GNOCCHI **G**

With tomatoes, red onion and kalamata olives in white wine sauce

#### ZUCCHINI & SALMON LINGUINE **G/E/F**

With creamy sauce and rocket leaves

#### CHEESE RAVIOLI **D/G/E**

With cream and tomato sauce

#### RICE NOODLES **G/E/S/SO**

Stir fried with vegetables, with spring roll

## SAVOURY CRÊPES

### FRENCH REVOLUTION **D/G/E**

Creamy mushroom sauce

### FIorentina **D/G/E**

Cream, spinach and parmesan

### PHILADELPHIA **D/G/E/F**

Scrambled egg, salmon and cheese

### SOYO **D/G/E**

Fried egg, tomato, spinach, mushroom and cheese

### TUNA MELT **D/G/E/F**

Tuna and cheese

## SANDWICHES

### SMOKED SALMON & AVOCADO **D/G/M/F**

Smoked salmon, avocado, spring onion, lettuce, garlic & herb dressing

### TUNA **G/E/F/M**

Tuna, red onion, pickles, egg and rocket leaves

### FETA ANTIPASTI **D/G/M**

Grilled aubergine, peppers and courgette with feta cheese and avocado

### TUNISIAN SANDWICH **G/S/E/F/M**

Tuna salad, potato, boiled egg, pickles, harissa and tahini

### VEGAN **G/SO/S**

Fried tofu and mushrooms in an Asian dressing with lettuce and tomatoes

### HALLOUMI **D/G**

Olive tapenade, grilled halloumi, cream cheese, tomato and pickles

### MOZZARELLA **D/G**

Mozzarella, basil chimichurri, avocado and tomato

### OMELETTE **D/G/E**

With cream cheese, cucumber and tomato

### CHEESE & TOMATO TOASTIE **D/G**

### TUNA MELT **D/G/E/M**

## BURGERS

### SOYO BURGER **G/SO/M/E/C**

Vegan patty with pickles, red onion, lettuce, ketchup and mustard.

### SALMON BURGER **G/S/F/M/E/D/SO**

With red onion, tomato, pickles, lettuce and garlic herb sauce

### CRISPY FRIED FISH

#### **G/F/D/S/M/E**

With lettuce, tomato and garlic herb sauce. Served on toasted crispy bagel

\*If you have an allergy, please speak to a member of staff.  
 \*\*Due to open kitchens and use of equipment, despite best practise, we can't guarantee that any of our dishes are free from allergens.  
 \*\*\*No juice is suitable for a person with celery allergy

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## FISH

### SUPER SALMON BURGER

**G/S/F/M/E/D/SO**

With garlic and herb mayo, red onion, tomato, pickles

### GRILLED SALMON D/F

With basil mash and pak choi, served with salad

### ROASTED SEA BASS D/G/F

With cream and basil gnocchi

### GRILLED SALMON ON POLENTA D/G/F

With mushroom and French beans

### SALMON PAPPILOTE D/F/M

With roasted potatoes and Caesar dressing

### SEARED TUNA E/N/S/F/SO (Almonds)

Served on gnocchi, pak choi, broccoli, kale, peas, toasted almonds and white wine

### GRILLED SEA BASS S/F/SO

With roasted baby potatoes, cherry tomatoes, French beans, mushroom and chimichurri salsa

### TUNA STEAK F/S/SO

With French beans, broccoli, pak choi & peas **Sesame seeds**

### PAN FRIED SALMON STEAK S/F/SO

With teriyaki, stir-fried green vegetables, pak choi

## SALADS

### NIÇOISE D/E/F/M

Lettuce, tomatoes, cucumber, roasted peppers, green beans, pickles, tuna, red onion, roasted potatoes and egg. Served with French vinaigrette

### MOROCCAN D/N/G (Almonds)

Couscous, sweet potatoes, mint, coriander, parsley, pomegranate, chick peas, feta cheese and toasted almonds. Served with lemon and honey dressing

### TABOULE N (Almond)

Lentils, finely chopped mint leaves, parsley, tomato, cucumber, spring onion, beetroot, cranberries, spinach, sunflower seeds, pumpkin seeds, pomegranate and roasted almonds

### ENERGISER G/M

Quinoa, couscous, lentils, sweet potato, spinach, red onion, green beans, beetroot, tomatoes, pomegranate sunflower seeds

### FETA ANTIPASTI D

Lettuce, roasted vegetables, cucumber, tomatoes, olives and feta cheese served with basil vinaigrette

### AVOCADO E/M

Mixed leaves, avocado, cucumber, tomatoes, egg and roasted vegetables

### SUPERFOOD M

Quinoa, kale, broccoli, sweet potato, seeds, chia, pea, slaw with olive oil and lemon

### ARTICHOKE & GOAT CHEESE D/N (Cashew)

Spinach, rocket, carrots, cherry tomatoes, red onion, dried cranberries, toasted cashews, melon, artichoke and grilled goat cheese. Served with French vinaigrette

### HALLOUMI D/N/SO/S (Walnuts)

Grilled halloumi cheese, mixed leaves, cherry tomatoes, red onion, spring onion, walnuts, roasted peppers and mushrooms. Served warm with sesame dressing

### SALMON CAESAR D/G/F/M

Grilled salmon served on mixed leaves, croutons, avocado and parmesan cheese. Served with Caesar dressing

### ASIAN SO/S

Cabbage, bean sprouts, rocket leaves, dried cranberries, toasted sesame seeds and coriander with Asian vinaigrette

### FATTOUSH SEA BASS D/G/F/M

With yoghurt, chopped salad, zaatar, croutons, sumac and feta cheese

### MISO SALMON F/SO/S

Kale and spinach, broccoli, cabbage, carrots, coriander, salmon with miso, lime and ginger

## CREATE YOUR OWN SALAD

### BASE G

Mixed leaves / Quinoa / Couscous / Lentils

### TOPPINGS

Olives	Carrots	Coriander	Walnuts <b>N</b>
Red onion	Sweetcorn	Peach Pickles	Almonds <b>N</b>
Cabbage	Grapes	Sesame seeds <b>S</b>	Roasted peppers
Cherry tomato	Cucumber	Boiled egg <b>E</b>	Pak choi
Fresh peppers	Mushroom	Pomegranate	Roasted zucchini
New potato,	Croustons <b>G</b>	Beetroot	Roasted aubergine
Bean sprouts	Tomato	Garden pea	Avocado
Celery <b>C</b>	Celery <b>C</b>	Spinach	Sweet potato
Green beans	Green beans	Kale	Artichoke
Spring onion	Spring onion	Broccoli	Tuna <b>F</b>
Chickpeas	Parsley	Sunflower seeds <b>N</b>	Smoked salmon <b>F</b>
Parsley		Pumpkin seeds <b>N</b>	Tofu <b>SO</b>
		Chia seeds	Feta <b>D</b>
		Medjool dates	Halloumi <b>D</b>
		Cashew nuts <b>N</b>	Goats cheese <b>D</b>
		Strawberry	Grilled salmon <b>F</b>
		Dried cranberries	Searched tuna
		Mango	<b>F/S/SO</b>
			Grilled seabass <b>F</b>
			Tortilla shard <b>G</b>

### DRESSING

Balsamic vinaigrette **M** / Yoghurt & dill dressing **D/N** / Soy & sesame **S/SO/G** / French vinaigrette **M** / Olive oil & lemon / Pesto chimichurri

## FROYO

### BASE D

Original / Seasonal

### TOPPINGS

Strawberry	Pear	Almonds <b>N</b>
Blueberry	Oreos <b>G</b>	Walnut <b>N</b>
Cranberry	Salted caramel <b>G</b>	Chocolate &
Mango	Chocolate brownie	<b>G</b> vanilla
Pineapple	halva	Chia seeds
Kiwi Banana	Marshmallow	Coconut shavings
Pomegranate	White chocolate	Granola <b>G/N</b>
Melon Apple	Dark chocolate	Raisin
Lychee	Digestive cookie <b>G</b>	Goji berries
Grapes	Medjool dates	Crunchy Nut <b>G/N</b>
	Rainbow buttons	
	Gummy bears	
	Jelly beans	

### DRESSING

Dulce de leche **D** / Passion fruit / Raspberry / Peanut butter **P** / Honey / Chocolate syrup **N (HazelNut)** / Maple syrup

## DESSERTS

### SOYO SOUFLÉ D/G/E

Rich warm chocolate fondant filled with white and milk chocolate served with frozen yogurt

### APPLE TART D/G/E

### YOGHURT BERRY CHEESECAKE D/G/E

## SWEET CREPES

### GOLDEN LEMON D/G/E

Butter, sugar and lemon

### NUTELLA D/G/E/N (Hazelnut)

### BANANA SPLIT D/G/E/N

Belgian chocolate, banana, walnuts and cream

### STRAWBERRY ADVENTURE D/G/E

Strawberry, white chocolate and cream

### BANOFFEE D/G/E

Banana, toffee and cream

### CRÊPE SUZETTE D/G/E

Fresh oranges with orange liqueur and brown sugar

### OREO COOKIE D/G/E

White and dark chocolate with Oreo cookies

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## HOT DRINKS

**ESPRESSO (SINGLE/DOUBLE)**  
**MACCHIATO (SINGLE/DOUBLE) D**  
**LATTE (M/L) D**  
**CAPPUCCINO (M/L) D**  
**AMERICANO**  
**HAZELNUT LATTE D**  
**CINNAMON LATTE D**

**TOFFEE LATTE D**  
**CARAMEL MOCHA D**  
**FRENCH VANILLA LATTE D**  
**IRISH CREAM LATTE D**  
**HOT CHOCOLATE D**  
**MOCHA D**  
**MOCHACCHINO D**  
**CHOCOCCINO D**  
**ENGLISH TEA MINT TEA**  
**ORGANIC HERBAL TEA**  
Lemongrass & Ginger / Blackcurrant & Hibiscus / Pink Rosebuds / Peppermint / Chamomile / Green tea

**IRISH COFFEE (ALCOHOLIC)**  
**APPLE CIDER SAHLAV D/N**  
**INDIAN CHAI D**

**BABYCCINO D**  
**OREO HOT CHOCOLATE D/G**  
Belgian chocolate, oreo cookies, vanilla, marshmallow and whipped cream  
**MESSY HOT CHOCOLATE D/G**  
With whipped cream, salted caramel, rainbow buttons and chocolate topping

## COLD DRINKS

**COLD CHOCOLATE D**  
**COLD CAFÉ D**  
**ICE CHOCOLATE D**  
**ICE COFFEE D**  
**ICE LEMONANA FRESHLY-SQUEEZED**  
**ORANGE ORANGE & CARROT**  
**CARROT/GINGER/CELERY C**

**CARROT/BEETROOT/CELERY C**  
**MESSY YOGURT SHAKE D/G**  
Topped with oreo, chocolate brownies, rainbow buttons and whipped cream  
**STRAWBERRIES & CREAM D**  
Strawberries, white chocolate and cream  
**BANANA & DULCE DE LECHE D/G**  
With butter shortbread and white chocolate  
**MANGO & WHITE CHOCOLATE D**  
Mango, white chocolate and whipped cream

## SMOOTHIES

CHOOSE YOUR BASE:  
Apple, orange, soya **SO**, water, yogurt **D**  
**TROPICAL FRESH**  
Coconut, mango, banana and lychee  
**PINEAPPLE TWISTER**  
Mango, peach, papaya and pineapple

**MANGO PASSION**  
Mango, pear and passion fruit  
**AMAZON ACAI**  
Blueberry, strawberry, acai and mango  
**STRAWBERRY FANTASY**  
Banana, dates, melon and strawberries

**BERRY FOREST**  
Blueberry, raspberry and mango  
**STRAWBERRY DELIGHT**  
Strawberry, papaya and peach

**SOYO DETOX**  
Melon, cucumber and apple with a touch of lime  
**GINGER BEETS**  
Blueberry, pineapple, beetroot, ginger

**KALE, BANANA, MANGO AND LEMONGRASS AVOCADO, SPINACH, SPIRULINA, BASIL, APPLE AND LIME**